

# LEARN SELF ACUPRESSURE

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**Date: Monday, March 19, 2012**

**Time: 7pm-8pm**

**Cost: \$20 per person**

Location: Red Bank Acupuncture  
& Wellness Center

830 Broad Street, Suite 1  
Shrewsbury, NJ 07702

Call to Register:  
(732) 758-1800

Acupressure is an ancient Chinese healing technique based on the principles of applying finger pressure on specific points on the body. Traditional Chinese Medicine (TCM) believe these points to be junctures of meridian pathways that carry energy known as chi. Western scientists have mapped out and proven the existence of these points with electrical devices.

Acupressure works with the whole person: body, emotions, mind, & spirit as one, not as separate parts. The use of acupressure relaxes muscular tension and balances the vital life forces of the body.

## **Acupressure can help with the following:**

- ❖ Relieve stress and tension
- ❖ Relax mind and body
- ❖ Increase blood circulation
- ❖ Provide relief from head, neck and shoulder aches
- ❖ Promote the healing of injuries
- ❖ Increase energy levels
- ❖ Increase overall feeling of well-being